

## El Paso Parks & Recreation Water Aerobics Class Schedule

The water's unique properties allow the pool to provide an environment for people of all abilities. Buoyancy creates a reduced impact exercise alternative that is easy on the joints, while the water's resistance challenges the muscles. Water lends itself to a well-balanced workout that improves all major components of physical fitness -- aerobic training, muscular strength and endurance, flexibility and body composition. – Aquatics Exercise Association.

### Class Location and Times:

William W. Cowan	Monday – Thursday	9:00am – 10:00am
Marty Robbins	Monday – Thursday	7:30am – 8:30am
Memorial	Monday – Thursday	9:30am – 10:30am
Therapeutic & Instructional	Monday – Thursday	9:00am – 10:00am
Therapeutic & Instructional	Monday – Thursday	10:00am – 11:00am
Hawkins	Monday – Wednesday - Friday	8:00 am – 9:00am
Pat O'Rourke	Monday – Thursday	5:30pm – 6:30pm
Veterans	Monday – Thursday	9:00am – 10:00am
Veterans	Monday – Thursday	5:30pm – 6:30pm
Leo Cancellare	Tuesday and Thursday	8:30am – 9:30am